- ☆ Are you a veteran or military family going. through a difficult time?
- legal issues, deployment, family problems, Are your children and family affected by unstable housing or transitioning out of the military?
- Do you need support finding employment, housing, legal, domestic violence services or other community resources? < X

#### STRONG FAMILIES CHILDREN STRONG



from the Orange County Health Care Agency, Mental Services are available free of charge through funding Health Services Act (MHSA), United Way, Orange County Community Foundation and Pacific Life.











STRONG
FAMILIES
STRONG
CHILDREN

For more information or to make an appointment:

www.ocstrongfamilies.org 714-953-4455 x661

525 N. Cabrillo Park Drive, Suite 300 Child Guidance Center

Human Options

Irvine- Families Forward 8 Thomas

Veterans Legal Institute

# **OUR COLLABORATIVE PARTNERS**

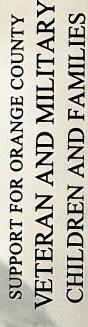






DIGNITY . EMPOWERMENT . HOPE







eteran and military families face many unique challenges. They may struggle with the stress of deployment - or coming home, parenting, finances, employment or domestic violence. Our services are designed to help veteran and active duty families find community resources, support kids, build resilience, develop effective parenting skills and

# FIND THE RIGHT HELP

understands the challenges of veterans understands the challenges of veterans and military because our team has milita service backgrounds personally or through a family member. Our team of Peer Navigators and Clinical Case Managers understand what it means to be an active duty or veteran family.



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### OUR MISSION

o improve the health and well-being of veterans, military families and children throughout Orange County by engaging the community, building resiliency and creating safer, more stable home environments.

# TOUGH HOMELIFE SITUATIONS

learn how to handle stressful family situations, especially when leaving on a mission or returning home. We offer UCLA's Family Overcoming Under Stress (FOCUS) resiliency program. In six to eight weeks, you will gain concrete skills to improve communication, manage difficult emotions, increase problem solving, and strengthen relationships. Families report that FOCUS works!

# CONFIDENTIAL COUNSELING

e offer short term therapy for children and families. We can also help you connect with support services in your area. You'll be able to talk through your particular challenge with a professional in a confidential setting.

